

# Meadhbh Raftery BSc MSc MBACP



Meadhbh is a Registered Psychotherapist and a Counselling Psychologist in her final year of doctoral training.

## Client testimonials (with permission)

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*“Her insight, knowledge, perception, memory of previous discussions, humour, directness, professionalism and compassion all in appropriate amounts.”*

*“I never ever felt judged and felt really comfortable opening up about personal things I’ve never spoken to anyone about.”*

*“Comfortable environment, friendly approach, Good balance of listening to me and helping me process through stuff, but also challenging me to help me to explore things without making me feel judged.”*

*“Her expertise, strategies on how to cope, it was extremely helpful to have someone who listens without judgement”*

## Education

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2021-2024	<b>Professional Doctorate in Counselling Psychology</b> , University of Roehampton, UK
07/2020	<b>MSc in the Psychology &amp; Neuroscience of Mental Health (Merit)</b> , King’s College London, UK
07/2012	<b>BSc (Hons) in Psychology (2’1)</b> , University of Leeds, UK
08/2009	<b>A Level Psychology (A), Philosophy &amp; Ethics (A), and French (B). AS Level Drama (A)</b> , The School of St Helen & St Katharine, UK
1997-2000	Eynsham Primary School, Oxfordshire, UK
1996-1997	Hong Lok Yuen International College, New Territories, Hong Kong

*“Know all the theories, master all the techniques, but as you touch a human soul be just another human soul.”*  
-Carl Jung.

## Work Experience

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- 07/2022 - 07/2023 **Counselling Psychologist in training**, Woodeaton Manor School  
Delivering weekly individual psychotherapy to parents, carers, and pupils, at a school for children with special educational needs.
- 11/2021 - 04/2023 **Counselling Psychologist in training**, Headstrong Counselling  
Delivering remote weekly individual psychotherapy to a variety of adult clients.
- 09/2020 - 09/2021 **Assistant Psychologist**, Specialist CAMHS, Oxford Health NHS Trust  
Assessing young people on the edge of the criminal justice system, providing therapeutic support to them and their families, and liaising with the police and other professionals, all under the supervision of a clinical psychologist.
- 02/2019 - 09/2020 **Support Worker**, Littlemore Mental Health Hospital, Oxford Health NHS Trust  
Supporting the day-to-day therapeutic rehabilitation of patients in forensic, inpatient and psychiatric intensive care mental health wards.
- 11/2015 - 11/2020 **Youth Group Coordinator (part-time)**, Autism Family Support Oxfordshire  
Running a weekly youth group for 13-17 year olds, which included planning activities, completing risk assessments and managing a team of staff and volunteers.
- 05/2018 - 02/2019 **Senior Nursing Assistant**, Hyper Acute Stroke Unit, Oxford University Hospitals NHS Trust  
Providing stroke specific nursing care to patients on the ward.
- 05/2017 - 05/2018 **Therapy Assistant**, Hyper Acute Stroke Unit, Oxford University Hospitals NHS Trust  
Assessing need and providing physio, occupational and speech and language therapy to patients recovering from stroke. Also responsible for the collection and reporting of data for the Sentinel Stroke National Audit Programme.
- 08/2012 - 05-2017 **Learning Support Assistant**, Woodeaton Manor School  
Supporting the cognitive, social and emotional development of young people with severe anxiety, autism and attachment difficulties.
- 01/2016 - 05/2017 **Residential Care Worker (part-time)**, Woodeaton Manor School  
Supporting pupils with complex needs to stay in school overnight once a week and develop independent life skills.
- 01/2017 - 05/2017 **Safeguarding Administrator (part-time)**, Woodeaton Manor School  
Designed and maintained record keeping systems and provided administrative support to the Designated Safeguarding Lead, including daily reception duties.
- 11/2015 - 02/2017 **Youth Group Support Worker (part-time)**, Autism Family Support Oxfordshire  
Supporting at a weekly youth group for young people aged 8-12 who have Asperger's or autism.
- 07/2013 - 11/2013 **Marketing and Communications Officer**, GlobalGiving UK: managing online communications, press releases, blog posts, and communicating with partners.
- 09/2008 - 09/2009 **Radio Host**, Flux FM: hosting a weekly radio show and managing podcasts of the show.
- 04/2007 - 05/2007 **Intern**, Creation Theatre Company: planning and co-running week-long workshops for children; designing and creating adverts for upcoming performances.

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References available on request.